

2017 Health Screening Locations

Tuesday, 4/4/17	6:00 -9:00 AM	Humboldt County Office of Education Resource Center Alder Room (TRC) Contact for sign up: JPA Office (707) 445-7126
Thursday, 4/6/17	6:00 - 9:30 AM	Middletown High School - Tallman Gym Foyer Contact for sign up: Marilyn Bingham (707) 987-4100

SLEEP INDUCING FOODS

Sleep inducing foods have natural properties that help you relax and prepare your body for a restful night's sleep. They contain the amino acid tryptophan that has a calming effect on the brain, which makes it easier to fall asleep and stay asleep. Your body converts tryptophan into the hormones serotonin and melatonin, both of which have a relaxing and sleep inducing effect. Tryptophan is found in many high-protein foods, but so is the amino acid tyrosine, which has the opposite effect. To get the benefit of tryptophan's sleep inducing qualities, you need to choose a snack that combines foods that contain protein, as well as foods that are high in complex carbohydrates. In addition, including calcium in what you eat and drink before bedtime improves your body's absorption of tryptophan and melatonin production. Therefore the combination of

foods high in carbohydrates, containing a small amount of protein, and including calcium results in the most beneficial sleep inducing foods.

What are the Best Foods for Sleep? Whole grain cereal with milk. A bowl of oatmeal with milk. Peanut butter sandwich on whole wheat bread with a glass of milk, Turkey sandwich on whole wheat bread with a glass of milk. Oatmeal raisin cookies and milk. Apple with cheese. Yogurt with granola. Banana and a handful of almonds. Date or bran muffin with a glass of milk. Of course, you can mix-and-match many of the above suggestions to suit your own taste preferences. It's also important to eat your bedtime snack around one hour before you are planning to go to sleep.

www.better-sleep-better-life.com



Vim & Vigor

A Health Newsletter Serving the North Coast Schools' Medical Insurance Group

Vol. 23, No. 4, April 2017

707-445-7126

Director's Note

Stacy Lane - JPA Director

At their March 15, 2017 Board Meeting, the Board of Directors of the North Coast Schools' Medical Insurance Group took action to set rates for the 2017-2018 program year as follows: Medical- 5.8%, Dental- 0% and Vision- 0%. Please keep in mind that the rate for the Pine HSA plan is slightly more than 5.8% due to the need to keep a statistically set premium level from the Spruce plan.

Our plan actuary feels confident that we have returned to our normal claims pattern and the prior high claims activity truly was a temporary increase triggered by an unusual spike of extremely large claims and several very expensive drugs (for the temporary treatment to cure very specific conditions) that were approved by the FDA.

In addition to changes in the rates, the Board permanently moved the Open Enrollment timeframe from November to May. The May Open Enrollment will have an effective date of July 1st each year. This allows you to always know your full twelve month premium share of cost when making the plan selection that works best for you and your family.

Please remember, one of the best ways to control our claims, thus reducing cost to the pool and out of our own pockets, is the use of preventive services. I cannot stress enough the importance of early detection in staying healthy and decreasing overall medical costs. Preventive services, as defined by Federal guidelines, are covered without the application of a deductible or copay. In addition, our Health Screening Program is one of, if not the most, important programs we offer for early detection of serious and/or life threatening illnesses. I strongly encourage you to participate. As someone who has found two potentially life-threatening conditions through this program over the past eight years, I am a true believer in its success leading to lower claims cost through early detection. The remaining screening dates for 2017 are listed on the back of the current Vim & Vigor newsletter.

If you have any questions, or would like help figuring out which plan would work best for you during the May Open Enrollment, please feel free to give us a call at 707-445-7126. My staff and I are also available to travel to your district if you would like. Please have your district representative contact my office to set up a time for us to visit.

blue shield of California
www.blueshieldca.com • 855-256-9404



Vision Service Plan VSP
www.vsp.com • 800-877-7195

CVS CAREMARK
www.caremark.com • 866-260-4646



Guardian
www.guardiananytime.com • 800-541-7846

■ Blue Shield 24/7 Nurse Line: 1-877-304-0504 ■ Teladoc 24/7 Physicians: 1-800-835-2362

APRIL IS STRESS AWARENESS MONTH

Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response. Some stress is normal and even useful. Stress can help if you need to work hard or react quickly. For example, it can help you win a race or finish an important job on time. But if stress happens too often or lasts too long, it can have bad effects. It can be linked to headaches, an upset stomach, back pain, and trouble sleeping. It can weaken your immune system, making it harder to fight off disease. If you already have a health problem, stress may make it worse. It can make you moody, tense, or depressed. Your relationships may suffer, and you may not do well at work or school. The good news is that you can learn ways to manage stress. To get stress under control:

- Find out what is causing stress in your life.
- Look for ways to reduce the amount of stress in your life.
- Learn healthy ways to relieve stress and reduce its harmful effects.

Sometimes it is clear where stress is coming from. You can count on stress during a major life change such as the death of a loved one, getting married, or having a baby. But other times it may not be so clear why you feel stressed. It's important to figure out what causes stress for you. Everyone feels and responds to stress differently. Tracking your stress may help.

Get a notebook, and write down when something makes you feel stressed. Then write how you reacted and what you did to deal with the stress. Tracking your stress can help you find out what is causing your stress and how much stress you feel. Then you can take steps to reduce the stress or handle it better. You will feel better if you can find ways to get stress out of your system. The best ways to relieve stress are different for each person. Try some of these ideas to see which ones work for you:

- Exercise. Regular exercise is one of the best ways to manage stress. Walking is a great way to get started.
- Write. It can help to write about the things that are bothering you.
- Let your feelings out. Talk, laugh, cry, and express anger when you need to with someone you trust.
- Do something you enjoy. A hobby can help you relax. Volunteer work or work that helps others can be a great stress reliever.
- Learn ways to relax your body. This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy, yoga, or relaxing exercises like tai chi and qi gong.
- Focus on the present. Try meditation, imagery exercises, or self-hypnosis. Listen to relaxing music. Try to look for the humor in life. Laughter really can be the best medicine.

www.webmd.com

Baked Penne with Roasted Vegetables

Ingredients:

- 2 red peppers, cored and cut into 1-inch wide strips
- 2 zucchini, quartered lengthwise and cut into 1-inch cubes
- 2 summer squash, quartered lengthwise and cut into 1-inch cubes
- 4 cremini mushrooms, halved
- 1 yellow onion, peeled and sliced into 1-inch strips
- 1/4 cup extra-virgin olive oil
- 1 teaspoon salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 1 tablespoon dried Italian herb mix or herbs de Provence
- 1 pound penne pasta
- 3 cups marinara sauce (store bought or homemade)
- 1 cup grated fontina cheese
- 1/2 cup grated smoked mozzarella
- 1 1/2 cups frozen peas, thawed
- 1/4 cup grated Parmesan, plus 1/3 cup for topping
- 2 tablespoons butter, cut into small pieces

Directions:

1. Preheat the oven to 450 degrees F.
2. On a baking sheet, toss the peppers, zucchini, squash, mushrooms, and onions with olive oil, 1/2 teaspoon salt, 1/2 teaspoon pepper, and dried herbs. Roast until tender, about 15 minutes.
3. Meanwhile, bring a large pot of salted water to a boil over high heat. Add the pasta and cook for about 6 minutes. Since you will be cooking the pasta a second time in the oven, you want to make sure the inside is still hard. Drain in a colander.
4. In a large bowl, toss the drained pasta with the roasted vegetables, marinara sauce, cheeses, peas, 1/2 teaspoon salt, and 1/2 teaspoon pepper.
5. Using a wooden spoon, gently mix, until all the pasta is coated with the sauce and the ingredients are combined.
6. Pour the pasta into a greased 9 by 13-inch pan. Top with the remaining 1/3 cup Parmesan and butter pieces.
7. Bake until top is golden and cheese melts, about 25 minutes.



From: <http://www.shhttp://www.foodnetwork.com/recipes>

Total: 1 hr 5 min **Active:** 25 min

Yield: 6 servings

Level: Intermediate